



Spanky's Magical Haven

Lughnasadh Issue

Spanky's Magical Haven Magazine

Lughnasadh Issue, 2021

A FREE publication from SleepyRhyme Glade©

Content in printed form copyright to SleepyRhyme Glade and respective contributors.

©2021

Submissions: murgaine@gmail.com

Subject Line: Spanky's Magazine



A message from Spanky...

Hello and thank you for coming! I'm so excited to offer you my FREE magazine, the Lughnasadh edition.

Expect a new issue each Witchy Sabbat!

Each issue will be 10 pages of witchy/fantasy/fairy goodness! Everything from recipes, to folklore to art and more! If it's from the woodland and misty realm of fantasy or Celtic culture, I'll bring it to you.

Enjoy and see you at Mabon!

Spanky



***As dictated to Mommy...**



The Girl In The Garden

**She sat in the garden while wings buzzed her face,
Such a magical, fantastical and dreamy place,
She'd found this spot while reading under a tree,
She heard giggles and bells and saw a fat bumblebee,
Her book on the ground and adventure in her heart,
She followed the bee and that was just the start,
She skipped and she sang and soon she was lost,
She would've been frightened but it was worth the cost,
She came to a brook and a babbling stream,
She squealed with delight...she'd seen this in her dream!
A fairy glade, a hidden glen,
A world all her own, where her fantasies never had to end ...**

Simple facial waters

Rose, chamomile, lavender...whatever your favorite flower...

To one cup boiling water, add a handful of your favorite fresh flowers.

Seal & allow to steep over night.

Perfect as body splash, face mist, face wash or to add to recycled liquid soap as added herbal goodness!

*Editor's note: Be sure to make only the exact amount indicated, as, unlike store bought or mass produced waters, there are **no preservatives** in this, so the water won't keep for more than a day and should only be used, once.

The water should keep longer when used in liquid hand soap, but if the soap begins to smell, discard it.

"When in doubt, throw it out!"

Homemade Potpourri Recipe...

Never buy Potpourri again!!

This simple recipe is great for recycling, saving money and...showcasing how crafty you can be.

Here's what you'll need...

A handful of dried rose petals

A handful of dried lavender (or any other dried flower)

Various leaves, small rocks, twigs, acorns or burrs

Put into a pretty, recycled glass or recyclable plastic jar and if you like, add a couple of drops of your favorite essential oil.

If you add scent, be sure to keep the potpourri out of the reach of children and pets!

Shake jar.

If you've added scent, leave it capped for a few days until the scent weakens, some.

If the mixture is strictly for decoration, after shaking well to mix the ingredients, pour into a pretty wicker basket or bowl. Don't forget to line the container with something if it has large holes/gaps, so the potpourri doesn't fall out.

I'd suggest a pretty handkerchief or a large piece of tightly tatted lace.

Enjoy!





In this section you'll find handy recycling tips and more.

🌸 **Meditate while hanging out clothes. Think of each piece of clothing you hang up, as a problem being put away.**

If you don't have a clothesline, just do the same as you load/unload and fold your laundry.

🌸 **Recycle unusable pieces of fabric as pillow, doll or cushion stuffing.**

🌸 **Got Cedar? Specifically Cedar trees? The "needles" make great bedding. I use it in my Fantasy garden to keep grass away. It's not good around all flowers, but tends to work with native growth type plants.**

🌸 **Use leftover loose leaf tea that's gone stale, as a base for potpourri. See the recipe on the previous pages on how to make the most of it!**







Flight of Fantasy

"I'll hold on tight and let's fly," she cried as the unicorn tossed his graceful head. So many times she'd dreamed of riding the skies with a winged horse, but little did she know she'd find an actual Unicorn!

He'd do (who needed to travel the skies anyway?) and he was a beaut! She knew finding him was either a miracle or she'd somehow slipped into the fairy realm, whether by dream or exploring those toadstool rings she loved so much. She was pretty sure it was the latter. She'd been warned by her Nana about toadstool rings and yet...she'd actively sought them out.

Part of her hoped her Nana wasn't exaggerating. An old and wise Welsh woman, with roots all over the Celtic realm, she was loaded with stories, recipes and knowledge.

She could listen to her talk for hours and gleaned all she could from her. She'd already mastered her Nana's potato gruel with wild onion recipe, even at such a young age.

Now, she was going to travel to the wild and fantastical realm of...well, she wasn't certain, but she was excited!

Only one of many adventures to come and more things to learn.

"Come on handsome boy! It's time for an adventure!"





<https://linktr.ee/SleepyRhyme>

Visit SleepyRhyme Glade for free Fairy poetry,
relaxing Fantasy inspired videos and more!

See you at Mabon!

